

First Aid Treatment of Exertional Heat Illness

CRAMPS & FAINTING

- **Stop sport or activity**
- Rest in a cool environment
- Hydrate
- Seek medical help if there is no improvement

HEAT EXHAUSTION

- **Stop sport or activity**
- Lay person down in a cool environment
- Cool body (remove outer clothing or wet clothes, mist skin with cool water, fan/air conditioner)
- Hydrate
- Seek medical advice (if needed call triple zero "000" or "112" from a mobile)
- Prepare to give CPR if necessary
- **PLEASE NOTE: This is a serious condition that can develop into heatstroke.**

HEAT STROKE

- **Call triple zero (000) for an ambulance (or "112" from a mobile).**
- Lay person down in a cool environment
- Do not give the person fluids to drink
- Cool body (remove outer clothing or wet clothes, mist skin with cool water, fan or air conditioning)
- Place ice packs (wrapped in towel) under armpits and groin
- Stop cooling if person starts shivering
- If unconscious place person on their side and clear their airway
- Prepare to give CPR if necessary

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This resource is supported by Sport & Recreation Victoria

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